

# THE SHELTON CHRONICLE

A newsletter for faculty and staff of Shelton State Community College

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## **MURPHY NAMED 2001 RECIPIENT OF THE JOHN AND PHYLLIS TODD AWARD**

Milady Murphy, the director and founder of the Wellness Center of Shelton State Community College, was named the 2001 recipient of the Dr. and Mrs. John Todd Award for Exceptional Achievement in Teaching. Shelton President Rick Rogers made the announcement during the college's Christmas breakfast. The annual award carries with it a cash gift of \$1500.00 and was established by Dr. and Mrs. John Todd of Tuscaloosa.

The Todd Award is based on contributions to the teaching field, activities and innovative

programs to improve instruction at the college, contributions outside the classroom, student evaluations, and community service. Faculty and staff of the college submit nominations for the award.

A native of Boston, Massachusetts, Murphy received her bachelor's degree in health, physical education and recreation from Bridgewater State College of Massachusetts and her master's degree and doctorate in physical education from the University of Alabama.

While at Shelton Murphy has designed a wide range of physical fitness and conditioning programs both in the United States and in Europe.

Before establishing Shelton State's Wellness Center, Murphy owned and directed the Total Approach Fitness Clinic of Tuscaloosa. She has won a number of triathlons, running and swimming events in New England and the Southeast. She has also conducted numerous lectures, programs and workshops in the state and around the country on wellness. She currently has two television shows where she provides tips on exercise; prevention of disease, and other health related topics as well as a local radio show featuring health tips. Murphy has also been featured on Alabama Public Television as a wellness expert for the state of Alabama.

## **MUSIC DEPARTMENT TUESDAY CONCERTS**

**Feb. 5:** Musicales featuring Applied students, 1 p.m.

**Feb. 12:** Mardigras Concert, Jazz Band, 1 p.m. Atrium

## **CONGRATULATIONS, JIMMY!**

**Jimmy Osmore was recently contacted by LIFE**

Projects office at the University of Alabama. The University is developing a video that shows Alabamians with disabilities at home, work, etc. Our own Jimmy will be part of this new video.



## ***SHE BLOOMED WHERE SHE WAS PLANTED***

Former Shelton State student Mabel Harries died last week at the age of 96. Mabel who was no longer able to live by herself had moved to a nursing home a few years ago. Confined to a wheelchair and unable to walk, Mabel still found the bright points in everyday life and desperately sought mental and physical stimulation.

Mabel was an amazing woman. I first met her when she entered my mass communications class back in the early 1980s. Mabel loved to learn, wrote extremely well, and finished with the highest grade in the class. Spanish was her love however. She was so committed to the Spanish program that she and former Shelton Spanish instructor Marilyn Terry raised over \$30,000 for a Spanish scholarship for the college.

The Shelton State Foundation noticed her fundraising ability and elected her to the Foundation Board of Directors where she actively served for a number of years. She won many college awards, Outstanding Alumnus, Phi Theta Kappa's Outstanding Student, Outstanding Adult Student, and the James B. Allen Award in 1989. Twice she was runner-up for the Leo Sumner Award.

Mabel received her associate degree from Shelton in a touching ceremony. In the hospital with a heart attack when her graduation was scheduled, Mabel had her family bring her in a wheelchair for the graduation services and then take her back to the hospital. When Mabel came on the stage that night, she received a standing ovation.

Mabel was an example for all of us who daily work to meet life's challenges. A

beautiful woman in every way, she will be missed.  
*Lucy Kubiszyn*

## **ABOUT STUDENTS**

### **SHELTON STUDENT CONTACTED BY NATIONAL MAGAZINE**

Nineteen-year-old Angie Thames was recently contacted by Woman's World magazines out of New York City. After reading about Angie in a Birmingham newspaper, the magazine is interested in doing a story on Angie who was recognized for her courageous act of saving the lives of two children during last year's devastating tornado.

### **SHE MAY BE SHELTON'S LINK**

**Stormie Duncan**, a freshman student cheerleader from Holt High School, has made the first cut in a competition to appear on television's "The Weakest Link." In a project sponsored by the UCA national cheerleading association, cheerleaders in two and four year colleges across the United States were contacted.

Working with sponsor Tracie Branch Abbott, Stormie sent in a tape, a head shot, resume, and answered some trivia questions when called on the telephone. One question representatives from the show asked was how she would keep from being intimidated by the show's Ann Robinson.

Stormie quipped, "They'll learn not to mess with country girls. We won't put up with her mouth."

Stormie will be notified by the producer of the show in the next few weeks if she makes the final cut.

**THE JUBILEE BEGINS THIS YEAR! Shelton State's 50<sup>th</sup> anniversary celebration begins in September. Stay tuned for an exciting year.**